



Kingsport Senior Center News

January 2012

Volume XX Edition 01

1200 East Center Street

Kingsport, Tennessee 37660

New Electronic Card System **begins** **January 3rd**



**Arnold and Eva Fletcher with their
cards**



**Kenneth Newman and Earl Dunn
all excited about their cards!**

**If you haven't gotten your card, come
by the office and get yours today!**

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.
For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

January Closings:

**Monday, January, 2, 2012
Monday, January 16, 2012**

**Membership dues
For Fiscal year
July 1, 2011-June 30, 2012**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator
Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader
Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader
Marlana Williams
marlanawilliams@kingsporttn.gov
423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Nutrition Site Manager ~ Sona Bingham
246-8060

**Advisory Council Meeting
Thursday, February 15th
12:30
Room 228**

WELLNESS

WELLNESS SEMINARS

Cardiovascular Disease Awareness: Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the Center on **Tuesday, January 31, 2012** at 12:30 pm in the Card Room. Topic of discussion will be “Cardiovascular Disease”: CVD is the number one complications of Diabetes Mellitus-65% of individuals with Diabetes Mellitus die from Heart Failure or stroke. This class will provide a mix of information as to why the two diseases are related. This is an event you will not want to miss, so mark your calendar and plan to attend!

Living Well With Chronic Conditions: A six week workshop for people with chronic health concerns including:

- **Arthritis**
- **Asthma**
- **Diabetes**
- **Fibromyalgia**
- **Heart Disease**
- **Vertigo**
- **or any other chronic disease**

Group will meet for 2 hours once a week for six weeks every **Wednesday, starting January 25, 2012 and February 1, 8, 15, 22, & 29, 2012** from 9:00 am to 11:00 am in the Card Room. Class is limited to 16 people, cost is free & sign ups start on Wednesday, January 4, 2012.

Topics of discussion:

- **Effective problem solving**
- **How to relax & handle difficult emotions**
- **Managing symptoms**
- **Medication management**
- **Setting weekly goals**
- **Tips for eating well and exercise ideas**
- **Working with your healthcare team**

Kevin Lytle, Wellness Coordinator and Marlana Williams, Program Leader will facilitate this workshop.

Tennessee Lady Vols Basketball Games

Come join us as we travel to Knoxville on **Sunday, February 5, 2012** for the Lady Vols vs Auburn. Cost is \$26.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 9:15 am with lunch on your own at Puleo’s Grille in Strawberry Plains. We have 46 tickets available and a (2) ticket limit per person, **sign up begins Wednesday, January 18 2012, so mark your calendar!**

Come join us as we travel to Knoxville on **Sunday, February 26, 2012** for the Lady Vols vs Florida. Cost is \$26.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 10:45 am with lunch on your own at Calhoun’s. We have 46 tickets available and a (2) ticket limit per person, **sign up begins Friday, February 3, 2012 so mark your calendar!**

TOURNAMENTS

Table Tennis Tournament: We will host a table tennis tournament on **Wednesday, January 18, 2012** at 1:00 pm in the Gym. Cost is \$2.00 per person due day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Prizes for 1st, 2nd, and 3rd place only. Sign up in the Office.

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Friday, January 27, 2012** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

Corn Hole Toss Tournament: Come join us for a corn hole toss tournament on **Friday, February 17, 2012** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

SEEING IS LOSING

It’s easy to devour a tub of popcorn in a dark theater. Likewise, ***paying attention to your food helps you control how much you eat.*** In a study from Germany, people who were served a supersized meal in total darkness consumed 36 percent more food than those given regular portions. But when study participants dined at well-lit tables., that difference dropped to 20 percent. In the dark we receive less information about how much we’re eating, says study author Benjamin Scheibehenne, Ph.D. So look at your food, not the TV.

DON’T DIET DRUNK

A glass of wine before dinner isn’t as harmless as it seems. ***Just a bit of alcohol may sabotage your weight-loss plan,*** according to a new British study. In that experiment, people who drank alcohol-spiked juice 30 minutes before lunchtime ate 15 percent more food at a subsequent buffet than juice-only drinkers. One theory is that alcohol whets your appetite and makes food tastier, leading you to eat more. So save that glass of wine for after dinner.

THYROID THREAT

What do some hot dogs and spinach have I common? Nitrates. In a study in the International Journal of Cancer, ***men who consumed the most nitrates-often found in leafy vegetables-were more likely to develop thyroid cancer than men who took in the least.*** One theory: Excess nitrates trigger a hormone thought to promote tumors. Play it safe by eating nitrate-free meats and organic produce, which may contain less of the compounds.

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay, Intermediate / Advanced Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Dulcimer (Intermediate) ~ 9:00 ~ Atrium
Basic Woodworking (fee) ~ 9:00 ~ Woodshop
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Atrium
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Clay, Beginning Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Basic Woodworking (fee) ~ Woodshop
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)

Thursday Continued ~

Jam Session ~ 12:00 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)
Beginning Spanish ~ 10:00 ~ Room 303
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30am ~ Gym



Christmas Tree Decorating Party, November 30th
Barbara Shoemaker, Joyce Manis, June Lane, Glenna Ford, Bernice Horton, Kevin Lytle, Mary McNabb and George Price

TRAVEL AND SPECIAL EVENTS

Senior Moments Game Day ~ Thursday, January 12, 2012 ~ 12:30 pm ~ Cost: FREE ~ Light refreshments will be served. **Sign-up's begin: December 14th.** If you like the TV Show minute to win it, you will love this!

Out To Lunch Bunch ~ Tracy's Tea House ~ Kingsport, Colonial Heights ~ Friday, January 13, 2012 ~ 11:45 until 2:00 pm approximately ~ Lunch is on your own. No charge for your ride on the bus, but please make your reservation with us! —Even if you plan to drive your own car! The menu is available at the front desk ~ **Sign-up's began December 07, 2011.**

Come in out of the cold and make some jewelry ~ Thursday, January 19, 2012 ~ 1:00pm~ Card room~ Cost: \$10.00, paid to instructor, Netta Shephard. See example in showcase by billards room. **Sign up's began December 19th.**

Fraud, Scams and Senior Medicare Patrol Seminar ~ Tuesday, January 24, 2012 ~ 12:15 pm~ Card Room ~ FBI speaker and Lori Wilson, SMP. Sign-up's begin: December 13th. Light refreshments will be served.

Mental Health Resources for Senior Citizens ~ Speaker, Fred Myer for N.A.M.I ~ Thursday, January 26, 2012 ~ 12:30 pm ~ Card room ~ Cost: **FREE** ~ Light refreshments will be served.

Super Bowl Party ~ Thursday, February 2, 2012 ~ Room 239 ~ 11:30am ~ Bring soup and /or dessert **Sign-up begins January 11, 2012.**

Information Central: Lifeline with Mountain States Health Alliance ~ Card Room ~ Tuesday, February 7, 2012 ~ 12:15 pm until 1:15 ~ FREE ~ Light refreshments will be served. **Speaker is Melissa Johnston**

Out To Lunch Bunch~ Babycakes Cupcakery & Unique Eats ~ Abington, VA ~ Friday, February 10, 2012 ~ 10:15am until 3:30pm ~ Cost is \$8.00 ~ Lunch is on your own ~ Menu available at sign-up. **Sign-up's begin January 5.**

Out To Lunch Bunch ~ Applewood Farmhouse & Apple Barn Store Shopping ~ Sevierville TN ~ March 09, 2012 ~ 10:30 am until 4:30 pm ~ Cost is \$8.00 ~ Lunch is on your won ~ **Sign-up's begin February 3rd.**

Candlelight Dinner ~ Thursday, February 16, 2012 ~ 5:30-7:00 pm, Cost: \$10.00. Band: Jerry Pierce with Linda on keyboard. Meal catered by: Southeast Culinary & Hospitality College, Bristol, VA. **Sign-up's begin: January 15th.**

Reminder

FORP Travel ~ Huntsville/Scottsboro, Alabama ~ March 22-24, 2012. In beautiful Huntsville Alabama you can shop at the Bridge Street Town Centre where there's a unique blend of upscale specialty stores as well as your favorites. Visit "Unclaimed Baggage Ctr.", Harrison Brothers Hardware Store & the Book Nook. Have dinner at the Historic Huntsville Depot, tour the depot hearing the rattle of the tracks & the engineer's whistle as you experience life on the rails in 1860. Listen to Andy the robotic ticket agent as he tells of Alabama's railway history. and experience a romantic gondola ride. You will think you are in the heart of Venice, Italy. All this for \$355 Dbl., Triple: \$334, Quad: \$314. Single: \$474. **Sign up ASAP. Must have minimum of 30 signed up to go. \$100 deposit due 01/02/12. Balance due by 02/01/12.**

Bonnie Goforth and Sandra



Huddleson Crowder have their blood pressure checked

TRAVEL AND SPECIAL EVENTS

Widowed Persons Support Group

Multi-Purpose Room
Thursday, January 12, 2012
5pm

ARTIST & CRAFTERS MONTHLY BREAKFAST

3RD TUESDAY EACH MONTH
January 17, 2012
9:30 am
Lynn View Art Gallery
257 Walker Street

Come share ideas, make new friends. Bring a piece of your art or craft to show. Please call to sign up in advance so we know how much food to order. 423-392-8400

S.A.L.T. Council Meeting

Location: Cafeteria

February 14, 2012
Refreshments provided.
9:00am

Purpose of these meetings is to involve more Seniors in the
**"Seniors and Law
Enforcement Task Force"**
to increase awareness in our communities.

Sponsored by

Comfort Keepers of Tri Cities and the
S.A.L.T Council

Elvis Presley 76th Birthday Party

Tuesday, January 10, 2012

Location: Cafeteria

12:30 pm

Elvis music by Retro Rock It Band
Sign-ups began December 5, 2011



Woodworking Safety Training

Will be on the 2nd Monday of January
Monday, January 9th, due to the
center being closed on
January 2nd.
Sign-up in the office



Handmade dulcimers by David Thomasson and Johnny Clark

Your Page

From the Dancing Corner

Happy New Year and welcome back to another year of great music!

On January 13th, the dance organizers will present *Patty Quarles Trio* to open this year. With Patty Quarles on keyboard, Tony Rominger on woodwind instruments (and sometimes his harmonica) and John Lawniczak on drums, this band plays with a flare all their own. They are some of the finest musicians in the Tri-Cities area. Listening to Patty Quarles and her band and watching them in action is an interesting experience. We are always transported by their music to a wonderful world. So come join us for an evening of dancing, tapping of your feet, or just being with your friends to enjoy music that will thaw the January cold.

January Dance with Live Music from The Patty Quarles Trio

When: Friday, January 13, 2012

Time: 7:00 pm - 10:00 pm

Where: Rascals Teen Center
135 Cumberland Street, Kingsport

The cost is \$5.00 per person. Please bring a dessert or Snack to share.

REJUVENATE IN JANUARY

1st Floor Atrium
Friday, January 26, 2012
9am until Noon
Sign-ups began December 27, 2011
Light Refreshments will be served
Music by Renaissance Strings
Tai-chi Demo by Hang Lei and
Restorative Yoga Samples by Tish Kashdan
Massage by Debra Defreeze
Reflexology by Billy Burford
Come relax and rejuvenate

Massage Therapy

Fridays with Debra Defrieze
30 minute massage \$15.00,
call (423)791-4693

Schedule appointments by calling and pay
massage therapist day of appointment.

Senior Recreation Social Group

Location: Lounge
Thursday, January 12, 2012
4:30 to 6:30
Cost: Bring a dish to share
No sign-up required

Library Book Day

Thursday, January 19, 2012
Time: 9-11 a.m.
Table in front of the senior center office.

Basic Woodworking

6 weeks classes
beginning January 17, 2012
Senior Center Woodshop
9 to 11 am
Tuesdays and Thursdays
Cost: \$50, materials not
included
Participants will be making a basic cutting board,
small chest and
foot stool (if time permits)
Instructor: Howard Osborne

NEWS TO USE

Winter Time Fire Safety Tips For Seniors

Presenter ~ Barry Brickey,

Kingsport Fire Department
Card Room

Thursday, January 5, 2012 ~ 12:30 pm
to 1:30 pm ~ Cost is Free
~ Sign-up ASAP~



COAT AND BLANKET DRIVE

Kingsport Senior Center
Office

Now until
February 2012

Drop off used or new
Blankets & Coats, Hats,
Gloves for
all ages!

A Tasty Treat From Marsha

Hot Cheese Dip

24 servings - Prep time: 30 minutes

Ingredients

- 2 cups (8 ounces) shredded part - skim mozzarella cheese
- 2 cups (8 ounces) shredded cheddar cheese
- 2 cups mayonnaise
- 1 medium onion, minced
- 1 can (4 ounces) chopped green chilies, drained
- 1 1/2 ounces sliced pepperoni
- 1/2 cup sliced ripe olives

Directions

- In a shallow baking dish or pie plate, combine all the first six ingredients.
- Top mixture with pepperoni and olives. Bake at 325 degrees for 25 minutes or until bubbly. Serve with rye chips, crackers of choice or assorted fresh vegetables.

Yield: 35 appetizer servings.

Nutrition Facts: 1 serving (2 tablespoons) equals 206 calories, 20g fat (5 g saturated fat), 24 mg cholesterol, 277 mg sodium, 2 g carbohydrate, trace fiber, 5g protein.

**KINGSPORT SENIOR CENTER
Winter 2012
Session I
Class Schedule**

Classes begin the week of
January 9
Classes end the week of
March 26
(Unless otherwise specified)

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class.

**All classes other than basic require student
to have basic computer skills, and have profi-
cient skills in using a mouse , in order to take
the class.**

***Individual help is available for persons with
disabilities, in order to learn how to adapt
settings on home computers. For more infor-
mation or to schedule an appointment, call
Mary at 392-8433***

Basic Computer

6 Class Sessions: January 9 - February 27, 2012
Tuesdays~ 9:00am - 11:30am
Cost: \$25.00

Internet Basics

4 Class Sessions: February 15 - March 7, 2012
Thursdays ~ 9:00am - 11:30am
Cost: \$25

Excel

4 Class Sessions - March 14 - April 4, 2012
Wednesdays 9:00am - 11:30am
Cost: \$25.00

Generations Online Internet Class

Monday, Wednesdays and Fridays
1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there Computer available for you.

AARP Tax Assistance

will be held here in the Computer lab
beginning February 1st
Please call the senior center office for
an appointment.
423-392-8400

Genealogy Group

Friday's ~ Computer lab
9:00am



Winter Classes 2012		
<p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday (ongoing) Time: 8:30am - 9:15am Location: Gym Low Impact Aerobics <p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday (ongoing) Time: 9:15am - 10:00am Location: Gym Instructor: Terri Farthing Lo-hi Impact Aerobics <p>Art Class - Painting</p> <ul style="list-style-type: none"> Friday Time: 2:00pm - 4:00pm Location: Room 303 Instructor: Ann Thwaites All types of media; painting and drawing <p>Ballroom Dance</p> <ul style="list-style-type: none"> Thursday Time: 5:00pm - 6:00pm Location: Cafeteria Instructors: Walt & Margaret Baumgardner Learn to waltz, Polka and cut a rug <p>Basic Woodworking</p> <ul style="list-style-type: none"> Classes are 6 weeks beginning January 17th Senior Center Woodshop 9 to 11 am Tuesdays and Thursdays Cost: \$50, materials not included Instructor: Howard Osborne 	<p>Ballroom Video Class</p> <ul style="list-style-type: none"> Tuesdays Time: 4:30pm - 6:30pm Room 302 No instructor, practice to own music <p>Basketweaving</p> <ul style="list-style-type: none"> Tuesday Time: 9:30am - 11:30 am & 12:00pm - 2:00pm Location: Room 303 Instructor: Lynne Bowers <p>Beginning Photography</p> <ul style="list-style-type: none"> Wednesdays & Fridays (5 sessions) Begins: January 11th Time: 3:00 - 5:00pm Cost: Free Room ? Instructor: Claude Kelly <p>Belly Dance for Beginners (Women Only)</p> <ul style="list-style-type: none"> Thursdays Time: 11:30am Location: Room 302 Instructor: Angela Price <p>Must have 8 for class to begin. Please sign up at office.</p> <p>Belly Dancing - (Women Only)</p> <ul style="list-style-type: none"> Wednesday Time: 1:00pm Location: Room 302 Instructor: Angela Price Great for your abdominals <p>Camera Club</p> <p>Please visit website for meeting times</p> <ul style="list-style-type: none"> Instructor: Claude Kelly Website: WWW.scphotogroup.com 	<p>Ceramics</p> <ul style="list-style-type: none"> Tuesdays and Thursdays Time: 9:00am - 11:30am Location: Ceramic/Clay Studio Instructor: Mary Lamson Please remember your annual \$10 firing fee <p>Clay ~ Beginning Handbuilding</p> <ul style="list-style-type: none"> Wednesdays Time: 10:00am - 3:00pm Location: Ceramic/Clay Studio Instructor: Aleta Chandler 12 weeks: \$30, pay in office Limited to 8 participants <p>Clay ~ (Intermediate and Advanced handbuilding)</p> <ul style="list-style-type: none"> Mondays 10:00am - 3:00pm Location: Ceramics/Clay Studio Instructor: Aleta Chandler 12 weeks; \$30; pay in office (\$15 if taking both classes) Hand building <p>* Please remember your annual \$10 firing fee</p> <p>Clogging - (Beginning)</p> <ul style="list-style-type: none"> Thursday Time: 10:00am Location: Room 302 Instructor: Angela Price Must have 8 new beginners Sign up in office <p>Clogging - (Intermediate)</p> <ul style="list-style-type: none"> Wednesday Time: 11:15am Location: Room 302 Instructor: Angela Price

Winter 2012 Classes Continued

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Atrium
- Instructor: Peggy Ferrell
- Learn to play this beautiful Instrument

Dulcimer (Intermediate)

- Tuesdays, Time: 11:00am
- Location: Multipurpose Room
- Instructor: Ruby

Exercise for Everybody

- Tuesdays & Thursdays
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- (3rd) Friday
- Time: 10:15am
- Inspirational singing at nursing homes

Health Rhythms ~ Group Drumming

- Thursdays
- Time: 10:00 am
- Room 230
- Cost: \$5.00, per class, paid to instructor, Jenny Rogers

Jam Session

- Thursdays
- Time: 12:00 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 12:30 - 1:00 pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Mini Cardio Exercise Class

- Tuesdays, Thursdays
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Tuesdays & Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room
- Instructor: Freda Karsnak
- Call for appt. 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucille Hinke and Jan Fenelon

Spanish (Beginning)

- Fridays (begins January 13th)
- Time:10:00am
- Location: Room 303
- Cost: \$30 plus \$18 for book, pay instructor
- Minimum of 8 for class, sign up in office
- Instructor: Holanda Holtzclaw

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Mondays & Wednesdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Yoga and Laughter for Seniors

- Tuesdays
- Time: 11:00am
- Location: Room 302
- Cost: FREE
- Instructor: Dr. Sharmi Mehta
- **Requirement: bring a mat to class**

Winter 2012 Branch Site Class Schedule

Core Conditioning

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
 - Time: 12:45pm –1:45pm
 - Location: Boys/Girls Club
 - Instructor: Lyna Faye McConnell
 - Faster-paced, less instruction for ad-
vanced dancers.
- MUST WEAR SOFT-SOLED SHOES

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec.
Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- January 17, 2011, 9:00 a.m.
- Lynn View Community Center
- Please call for reservation

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community
Center Gym #2
- Instructor: Terri Bowling

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana
Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning
October 10th
- Intergenerational/ do not have to be a
member to attend couponing group.

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: Nina Ketron
- Sequence and variety of board games

Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Community Center



Exercise Room at Lynn View



V.O. Dobbins Community Center



Boy's and Girl's Club

Kingsport Adult Education

CLASSES BEGIN THE WEEK OF January 9, 2012 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400
All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

6 Weeks
Fee \$70 Mondays 6:00pm - 8:00pm
Instructor: TBA
Tuesdays 6:00 - 8:00pm
Location: Computer Lab, Lynn View CC

2008 National Electric Code (Commercial)

8 Weeks
Fee: \$70
Mondays 6:00 - 8:00pm
Instructor: Chris Ferrell, Electrical Inspector
Location: Renaissance Center Cafeteria

2008 National Electric Code (Residential)

8 Weeks (Begins January 23rd)
Fee \$70
Mondays 6:00-8:00 p.m.
Instructor: Chris Ferrell, Electrical Inspector
Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification

Preparation
10 Weeks
Fee: \$165
Tuesdays 6:00pm - 9:00pm
Instructor: Jim Dotson
Location: Multipurpose Room, Renaissance Center
There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.
Must have a minimum of 5 students, must pre-register.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

Fly Tying

- 8 weeks
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

Learn how to make Cake Pops

- 2 hour workshop
- Monday
- 6:00 p.m. - 8:00 p.m.
- Instructor: Holly Ralph, Owner of Sweet Creations
- Location: Renaissance Center
- Fee: \$15
- Minimum of 6 required for class
- Location: Kingsport Senior Center

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month



HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

Zumba Fitness

- 6 weeks
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 8 week class
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

Salsa Dance

- 8 weeks (Begins Jan. 10)
- Fee: \$10 for 4 weeks/ 8 classes
- Tuesday & Thursdays
- Time: 1:00
- Room 302, Renaissance Center
- Instructor: BJ Goliday



Guitar Classes

Beginners - Tuesdays ~ 4:00pm ~ Room 303

This is a class for true beginners, or for people who may play a little by ear, but want to learn to read music. You will learn to sight read simple music in the key of C, and also learn to make and change basic chords in the keys of C and G. It is a very hands on class, and students are asked to play some of the exercises and songs they are practicing, plus play along with the instructor while learning chords.

Required Text: Mel Bay's Modern Guitar Method, Grade 1 (\$7.99 + tax)
Instructor: Jim Cornelison

Intermediate ~ Tuesdays ~ 5:00pm ~ Room 303

This class is intended for people who can already sight read simple music in the key of C, and who can make and change basic chords in at least the Key of C. After some review of sight reading basics and chords, we will move on to new material. At the end of the class you should be able to sight read songs in the keys of C, A-minor and G, and play chords to a variety of songs in at least the keys of C & G.

Required Text: Mel Bay's Modern Guitar Method, Grade 1 (\$7.99 + tax), plus 1 book of songs for easy guitar which has not been selected yet.
Instructor: Jim Cornelison

Please sign-up in the office for these classes prior to their starting date Tuesday, January 10th

Sign-up in the Senior Center Office or call 392-8400

Date change on the Ireland trip
Only one day's difference!

New Dates for the “Spirit of Ireland” Tour
October 17-26, 2012

Payment schedule:

\$500.00 Due Immediately to reserve your
space on this trip

\$1000.00 Due by April 2nd, 2012

Final Payment due: June 1st, 2012

Pricing includes airfare, travel protection
insurance, accommodations and all tour
fees. (\$2925.00, per person
Double Occupancy)

Passport required

Single occupancy available

For more information, call Shirley Buchanan
at 423-392-8403.

Instructor Breakfast

Location: Card Room

Tuesday, January 3, 2012

9:00 am

Cost is Free

All instructors are encouraged
to attend!

**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

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